

Fig. 1

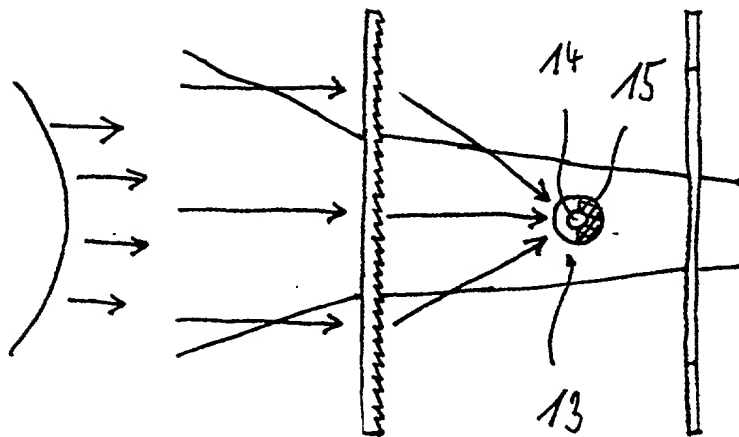


Fig. 2

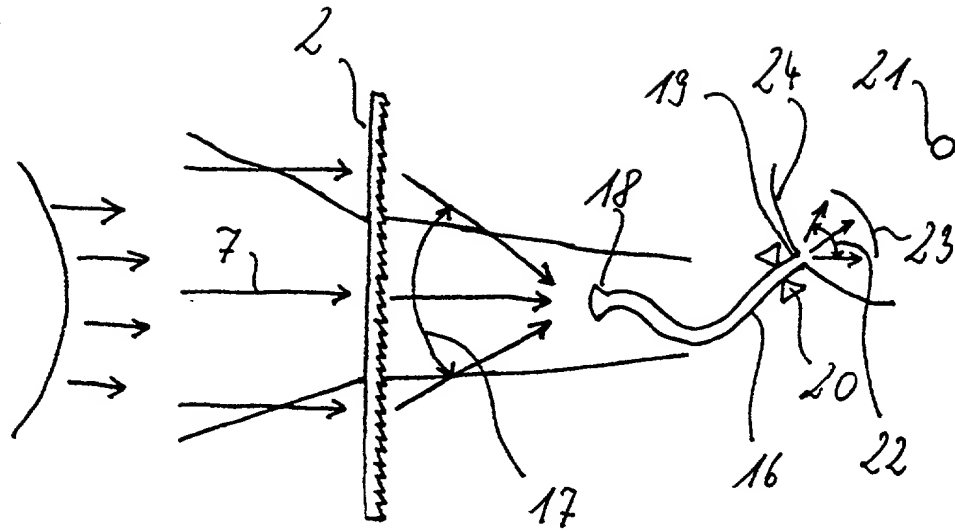


Fig. 3

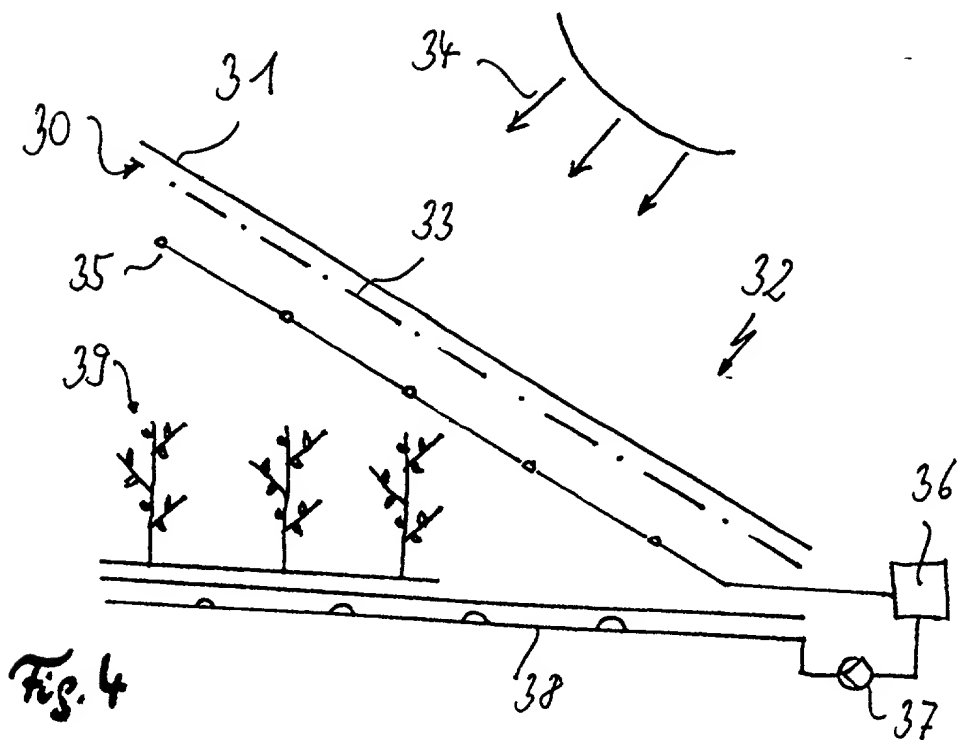


Fig. 4

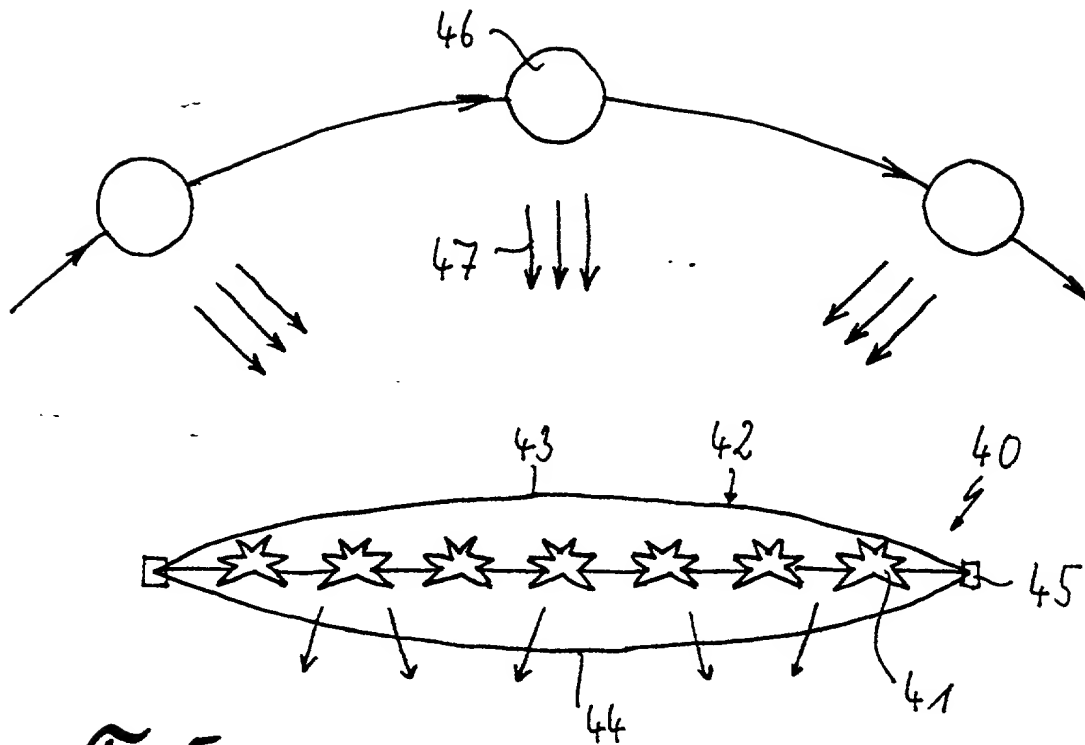


Fig. 5

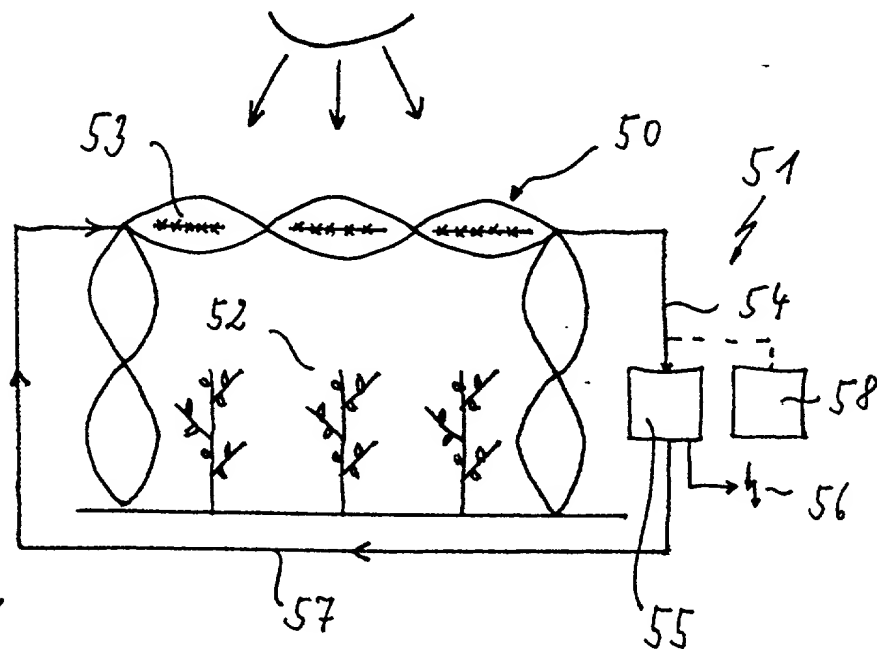


Fig. 6

Table 1. Mean values of the variables measured during the 60-min test

	Mean ± SD
Age (years)	27.8 ± 1.9
Height (cm)	178.2 ± 5.5
Weight (kg)	75.2 ± 10.5
VO _{2max} (l·min ⁻¹)	3.6 ± 0.4
VO ₂ at rest (l·min ⁻¹)	1.2 ± 0.2
VO ₂ at 30 min (l·min ⁻¹)	2.8 ± 0.3
VO ₂ at 60 min (l·min ⁻¹)	2.5 ± 0.2
HR at rest (beats·min ⁻¹)	72 ± 10
HR at 30 min (beats·min ⁻¹)	155 ± 15
HR at 60 min (beats·min ⁻¹)	145 ± 15
RPE at 30 min	12.5 ± 1.5
RPE at 60 min	11.5 ± 1.5
Time to exhaustion (min)	60 ± 5

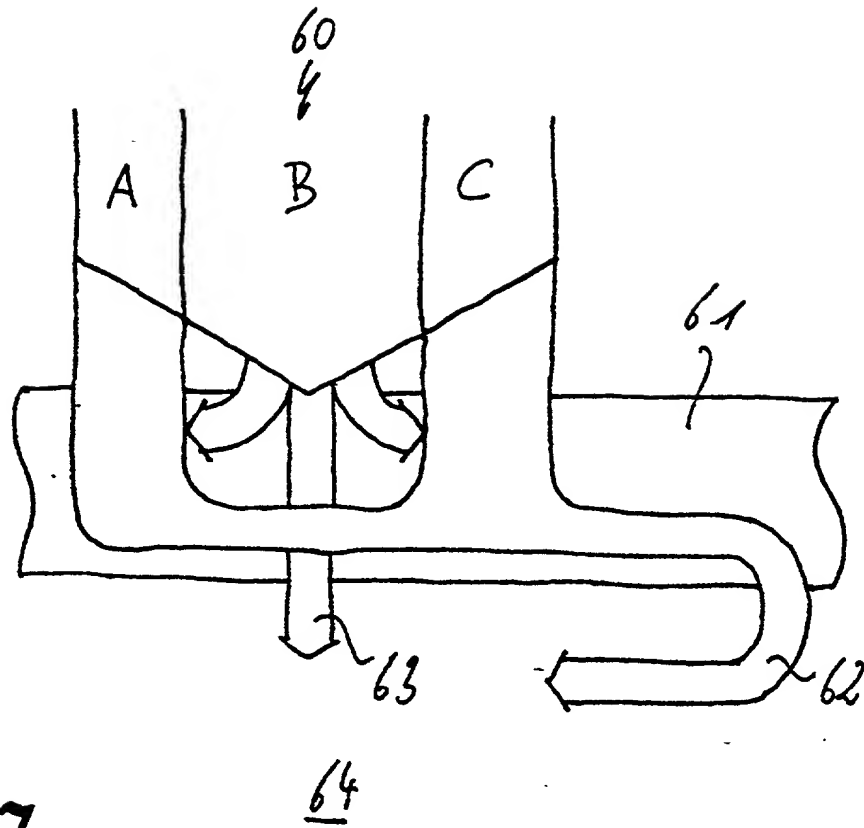


Fig. 7